



## Nutrition Support – Trauma

Whole Food Supplement	Reason	Adults	Children age 3-12
<b>Rehydrate drops</b>	Cellular hydration	1 drop/oz of water	
<b>Boswellia Complex (Herb – Anti-inflammation)</b>	Anti-inflammation	<i>Post-trauma 24 hours</i> 1-2 every 4-6 hours	<i>Post-trauma 24 hours</i> ½ to 1 every 6-8 hours
<b>Boswellia Complex (Acute injury support)</b>	Support healing process	2-3 tabs every 2-3 hours	½ -1 tablet (crushed if necessary)
<b>Boswellia Complex (For recovery support)</b>	Rebuild, rejuvenate, support healing	2-6 per day	1-2 per day (crushed if necessary)
<b>Ligaplex II</b>	Ligament support	2-6 caps per day	1-2 caps per day
<b>Collagen C</b>	Connective tissue / cell support	1-3 caps per day	½ -1 cap per day
<b>Glucosamine Synergy</b>	Joint / bone support	3-4 caps per day	1-2 caps per day
<b>Echinacea-C</b>	Overall immune support	3-6 tablets per day	1-3 tablets per day
<b>Liquid herbs (mixed as needed)</b>	Customized support for all systems, organs, cells, etc.	40ml, 100ml, 200ml as needed	40ml, 100ml, 200ml as needed
<b>Supplements / Herbs / Homeopathics</b>	Support pain during healing process	As determined per client in office	As determined per client in office

- Water daily should equal half body weight in ounces with Rehydrate and/or Rehydrate Jr. added per above recommendations
- Foods to **AVOID post-trauma:**
  - Processed foods of all kinds
  - Foods with sugar (except stevia, molasses, honey, fruit)
  - Dairy of all kinds (raw milk cheese ok when swelling from trauma subsides)
  - Processed wheats/grains that are not “sprouted” and frozen
  - Liquids other than water and unsweetened green tea

***Note: The above is not intended to replace medical advice or care of a physician.***